

Annual Wellness Report Fullerton School District School Year 2023-2024

The District Wellness Policy adopted in 2019 requires an annual report evaluating the implementation and progress of the Wellness Policy and Regulations, as well as recommendations for changes or revisions. A brief summary of these accomplishments is below and based on comprehensive report findings from evaluations completed by nutrition services, schools, and the district regarding the implementation of the wellness policy during the 2023-2024 school year.

Stakeholder Participation & Policy Management:

- The district has processes for relevant stakeholders to participate in wellness policy development, implementation, and review. Stakeholders included parents, students, principals, teachers, directors, nurses, student support services, risk management, and others.
- A designee was previously responsible for implementation and compliance, but that position was vacant for a year and was filled by Michael Burns this school year.
- The wellness policy is available to the public.
- Annual progress reports and triennial assessments were postponed due to a USDA waiver extension. Moving forward, they will need to be completed and published.

Nutrition Services:

- Reported full compliance with USDA nutrition standards for reimbursable meals.
- Safe, unflavored drinking water is available to all students.
- All foods sold during the school day meet or exceed USDA Smart Snacks standards.
- Annual training for staff meets USDA professional standards.
- Promotes health/wellness through displays like the student artwork window clings wall posters showcasing fruit and vegetables and the student artwork competition to wrap nutrition service's trucks, fruit and vegetable district calendars, student contests, parent education, student and parent cooking classes, and meal promotions and student taste testing.

Elementary Schools:

Nutrition Education:

- 93% provided nutrition education through health curriculum or integration into other subjects.
- Activities included discussing sugar content and providing Smart Snacks-compliant snack options.

Physical Activity:

- 100% offered regular physical activity opportunities either before/during/after school outside of PE.
- Activities included recess, classroom breaks, open playgrounds, hockey, field free play, soccer (Sea Horses), gaga ball, basketball, tether ball, softball, dance club, 4 square, after-school sports (Encore/Ases), before-school students participating in the WAVE (Walk Around Very Early), music being played while students walk and talk with friends, a morning sports program, and junior Olympics.
- All schools provided standards-based PE instruction.

Smart Snacks Standards:

- 71% reported full compliance with foods sold/served during the school day.
- Challenges remained with fundraisers (21% non-compliant), celebrations (29%), and after-school sales (14%).

Junior High Schools:

Nutrition Education:

- 75% familiar with nutrition education policy goals.
- Nutrition education is incorporated into health education programs and other academic subjects during the school year at some school sites. However, this was not consistently reported across all campuses.

Physical Activity:

- 100% provided regular physical activity opportunities like games, sports teams/leagues, and open facilities.
- 75% familiar with physical activity policy goals.
- Sequential, age-appropriate physical education curriculum aligned to state standards is being provided at all schools.
- Outside of PE time, some schools offer before/after school physical activity options like open gym, sports teams/leagues, and access to tracks/fields. However, this was not consistent across all sites.

Smart Snacks Standards:

- 50% compliance with Smart Snacks standards for foods sold, 50% unsure or non-compliant.
- Most schools reported that foods/beverages sold during the school day meet or exceed USDA Smart Snacks nutrition standards for items like fundraisers, vending machines, school stores, etc. However, there were some inconsistencies in reporting.
- Food/beverages served outside of the Nutrition Services program (e.g. celebrations, parties, rewards) were not consistently aligned with Smart Snacks standards across all sites.
- Awareness of the Smart Snacks compliant list and the district's Wellness Program webpage with policy/resources varied among staff.

Summary and Recommendations

While excellent strides have been made district-wide in promoting wellness, some key areas for continued focus include:

- Reinitiating the annual progress reporting and triennial assessment processes due to the break from Covid and change in designee
- Providing additional training and advertising on Smart Snacks standards and healthy fundraising options to increase compliance among all schools
- Increasing compliance for foods sold/served outside of Nutrition Services, especially fundraisers and celebrations
- Raising staff awareness of the wellness policy, available resources, and reporting processes
- Ensure all schools are providing nutrition education.

This report will be available to families/stakeholders and posted per policy guidelines. Please contact Victor Trejo at victor_trejo@myfsd.org with any questions.